

# Stay Healthy and Have Fun at the **CRICKET WORLD CUP**



## Follow these tips for a safe trip

### Before Your Trip

- Tell your doctor about your trip. Ask for any special shots or medicines you will need.
- Make sure you have had all of your routine shots and that you have a supply of medicines you take all the time.
- Pack plenty of insect repellent and sunscreen.

### During Your Trip

- Use an insect repellent to prevent bites from insects and mosquitoes that transmit malaria, dengue, and other infections.
- If you are visiting an area with malaria, take your malaria prevention medicine.
- Use sunscreen.
- Don't drink and drive.
- Wear your seatbelt.
- Wear a helmet when you ride bicycles and motorcycles.



Visit the CDC Travelers' Health website for more information:

**[www.cdc.gov/travel](http://www.cdc.gov/travel)**